



WARREN COUNTY COMBINED HEALTH DISTRICT

416 South East Street • Lebanon, Ohio 45036

Public Health
Prevent. Promote. Protect.

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Coronavirus Disease 2019 (COVID-19)

ISOLATION- separate sick people with a contagious disease from people who are not sick

QUARANTINE – separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick



Steps you can take

- **Stay home.**
- **Wash your hands** often.
- **Avoid close contact** (6 feet, which is about two arm lengths) with people who are sick.
- **Clean and disinfect** frequently touched services.
- **Avoid all cruise travel** and non-essential air travel.
- **Call your healthcare professional if you have concerns** about COVID-19 and your underlying condition or if you are sick.



Stress and coping

Older people are at higher risk for severe illness from COVID-19 which may result in increased stress during a crisis.

Fear and anxiety about the COVID-19 pandemic can be overwhelming and cause strong emotions.

Things you can do to support yourself:

- **Take breaks from watching, reading, or listening to news** stories and social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.** Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Call your healthcare provider if stress gets in the way** of your daily activities for several days in a row.
- **If you, or someone you care about, are feeling overwhelmed** with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call
 - 911
 - Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

For more information about COVID-19 and coping with stress, please visit <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/>



STAY AWAY FROM OTHERS – as much as possible. You should stay in a specific “sick room” if possible and away from other people in your home. Ask family, friends or community groups to help with needs by leaving supplies outside your door. Limit contact with pets.

CALL AHEAD – before visiting your doctor. Also, if you call 911 tell the dispatcher that you are under quarantine or isolation for COVID-19 and present them with the enclosed green sheet when they arrive to transport you.

MONITOR YOUR SYMPTOMS – Common symptoms of COVID-19 include fever greater than 100.4 and cough.

Most people with COVID -19 have mild illness. Some may have difficulty breathing. Serious health problems may start during the second week of feeling ill. Symptoms may get worse quickly.

People with the following are at risk of serious health problems:

- sickle cell disease or on blood thinners
- liver failure, cirrhosis or hepatitis
- diabetes
- cerebral palsy
- cancer treatment (chemo or radiation, organ or bone marrow transplant, taking steroid medications, or HIV/AIDS
- kidney failure or receiving dialysis
- current or recent pregnancy in last two weeks
- congenital heart disease, congestive heart failure, coronary artery disease
- asthma, chronic bronchitis, emphysema or sarcoidosis
- stroke or spinal cord injury

If you seek medical care, follow this guidance going to and from the hospital:

If you call 911 : Provide EMS with the enclosed GREEN “Home Quarantine” Form. If it is not an emergency; call your healthcare provider

LEAVING THE HOSPITAL: You may still be able to get people sick. DO NOT STOP at other locations, travel to where you stay.

IF SOMEONE ELSE DRIVES YOU: Travel by private car only – Do not ride share. Sit away from the driver. Both you and the driver should wear a mask and gloves, if available. Only the driver should be in the car, NO OTHER PASSENGERS.

CLEAN YOUR HANDS OFTEN – wash your hands with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing or sneezing; going to the bathroom; and before eating or while preparing food.



AVOID TOUCHING- avoid touching your eyes, nose and mouth with unwashed hands.



CLEAN ALL “HIGH-TOUCH” SURFACES EVERYDAY- High touch surface include: phones, remote controls, counters, tablets, doorknobs, bathroom fixtures, toilets, keyboards, tabletops and bedside tables.

CLEAN AND DISINFECT - routinely clean all surfaces in your “sick room” and bathroom. Let someone else clean and disinfect in the common areas.

Be sure to follow the instructions on the label to ensure safe and effective use of the product.



Coronavirus Disease 2019 (COVID-19)

Stress and Coping

Need Help? Know Someone Who Does?

Contact the [Disaster Distress Helpline](#)

Call 1-800-985-5990

Contact the [National Domestic Violence Hotline](#)

Call 1-800-799-7233 and TTY 1-800-787-3224

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

People who may respond more strongly to the stress of a crisis include

- Older people and people with chronic diseases who are at higher risk for COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders
- People who have mental health conditions including problems with substance use

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call

- 911
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

Stress during an infectious disease outbreak can include

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems

- Increased use of alcohol, [tobacco](#), or [other drugs](#)

People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms. Additional information can be found at the Substance Abuse and Mental Health Services Administration ([SAMHSA](#) [↗](#)) website.

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or [meditate](#) [↗](#) . Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs [↗](#) .
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Reduce stress in yourself and others

[Sharing the facts](#) about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful..

When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them.

Learn more about [taking care of your emotional health](#).

For parents

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

Not all children and teens respond to stress in the same way. Some common changes to watch for include

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and “acting out” behaviors in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

More support for COVID-19



- [Reducing Stigma](#)
- [Stop the Spread of Rumors](#)

There are many things you can do to support your child

- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and [share facts](#) about COVID-19 in a way that your child or teen can understand.
- Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

Learn more about [helping children cope](#).

For responders

Responding to COVID-19 can take an emotional toll on you. There are things you can do to reduce secondary traumatic stress (STS) reactions:

- Acknowledge that STS can impact anyone helping families after a traumatic event.
- Learn the symptoms including physical (fatigue, illness) and mental (fear, withdrawal, guilt).
- Allow time for you and your family to recover from responding to the pandemic.
- Create a menu of personal self-care activities that you enjoy, such as spending time with friends and family, exercising, or reading a book.
- Take a break from media coverage of COVID-19.
- Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your family and patients as you did before the outbreak.

Learn more [tips for taking care of yourself](#) during emergency response.

For people who have been released from quarantine

Being separated from others if a healthcare provider thinks you may have been exposed to COVID-19 can be stressful, even if you do not get sick. Everyone feels differently after coming out of quarantine. Some feelings include :

- Mixed emotions, including relief after quarantine
- Fear and worry about your own health and the health of your loved ones
- Stress from the experience of monitoring yourself or being monitored by others for signs and symptoms of COVID-19
- Sadness, anger, or frustration because friends or loved ones have unfounded fears of contracting the disease from contact with you, even though you have been determined not to be contagious
- Guilt about not being able to perform normal work or parenting duties during quarantine
- Other emotional or mental health changes

Children may also feel upset or have other strong emotions if they, or someone they know, has been released from quarantine. [You can help your child cope](#).

Resources

For Everyone

- [Coping with a Disaster or Traumatic Event](#)

For Communities

- Coping with stress during an infectious disease outbreak
- Taking Care of Your Behavioral Health during an Infectious Disease Outbreak

For Families and Children

- [Helping Children Cope with Emergencies](#)
- [Coping After a Disaster](#)  – A Ready Wrigley activity book for children age 3-10

For First Responders

- [Emergency Responders: Tips for taking care of yourself](#)
- [Disaster Technical Assistance Center](#)  (SAMHSA)

Page last reviewed: March 23, 2020

Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases

COVID-19 Checklist for Isolation or Quarantine

Top 5 Things You Can Do If You Are Isolated or Quarantined

Isolation separates sick people with a contagious disease from people who are not sick.

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends that people who are isolated or quarantined take the following actions:

- Keep your distance. Stay in your bedroom and use a bathroom separate from the one used by other members of your household, if possible. Wear a face mask when around others and try to stay at least 6 feet away. Have someone else in the home prepare meals and leave them outside your bedroom door. Don't share bedding, towels, dishes, or water bottles with others. If something is shared, wash it with soap and water before each use by a separate person.
- Do not leave your home unless necessary for medical care. Ask family, friends, or community groups to help with needs by leaving supplies outside your door.
- Do not allow visitors to your home.
- Wipe down high-touch areas every day with a disinfectant. This includes doorknobs; light switches; phones; remote controls; appliance, sink, toilet, and cabinet handles; countertops, etc.
- Limit contact with pets. If you do interact with pets, wash your hands before and after.

For additional information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY); connect with a trained counselor through the Ohio Crisis Text Line by texting the keyword "4HOPE" to 741 741; or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.

CORONAVIRUS DISEASE 2019 Ohio

Department
of Health

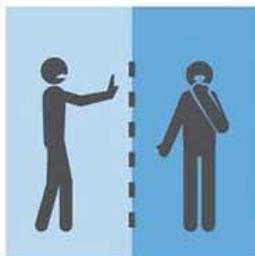
Protect yourself and others from
COVID-19 by taking these precautions.

PREVENTION

For additional information call 1-833-4-ASK-ODH or visit coronavirus.ohio.gov.



STAY HOME



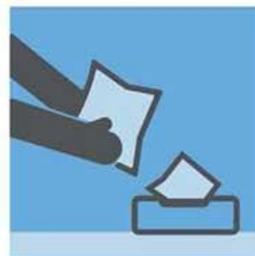
PRACTICE
SOCIAL
DISTANCING



GET ADEQUATE SLEEP
AND EAT WELL-
BALANCED
MEALS



WASH HANDS OFTEN
WITH WATER AND SOAP
(20 SECONDS
OR LONGER)



DRY HANDS WITH
A CLEAN TOWEL
OR AIR DRY
YOUR HANDS



COVER YOUR MOUTH
WITH A TISSUE OR
SLEEVE WHEN
COUGHING OR SNEEZING



AVOID TOUCHING
YOUR EYES, NOSE,
OR MOUTH WITH
UNWASHED HANDS
OR AFTER
TOUCHING SURFACES



CLEAN AND DISINFECT
"HIGH-TOUCH"
SURFACES OFTEN



CALL BEFORE VISITING
YOUR DOCTOR



PRACTICE GOOD
HYGIENE HABITS

For more information, visit: coronavirus.ohio.gov